

Lower your colorectal cancer risk by...

✓ Getting Screened



✓ Eating a healthy diet with plenty of fruits & vegetables

✓ Limiting fat and red meat intake



✓ Maintaining a healthy weight & being physically active

✓ Avoiding tobacco use

✓ Limiting alcohol



Contact

- Jeanna Jones at (515) 242-6516
- Jenny Hodges at (515) 281-4779
- Toll free option: 1-866-227-9878
- www.idph.state.ia.us/IGS

Other Resources

David's Fight

Provides colorectal cancer screening assistance for those in need.

www.davidsfight.org

Cops Against Cancer

Offers assistance to individuals with cancer.

www.copsagainstcancer.org

American Cancer Society

Provides cancer information and resources.

1-800-227-2345 www.cancer.org

Iowa Cancer Consortium

A hub for cancer prevention resources and partnerships.

www.canceriowa.org



Colorectal Cancer Screening **Saves** Lives

Iowa Department of Public Health

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This information guide was supported by Cooperative Agreement #5U58DP002058 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention. 6/2013

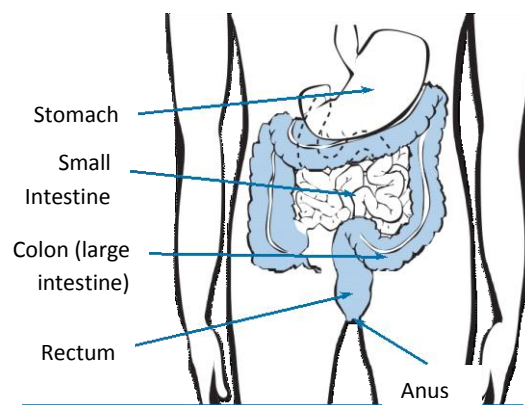
Colorectal Cancer

Cancer that starts as a polyp or growth in the colon (large intestine) or rectum.



A tiny growth or "polyp" in the wall of the colon or rectum

Screening detects these polyps and allows them to be removed before turning into cancer. **Colorectal cancer is one of the only cancers that can be prevented through screening.**



If everyone age 50 and older had regular colorectal cancer screenings, as many as 80% of deaths from colorectal cancer could be prevented.

Signs & Symptoms

7 out of 10 people with colon cancer have no symptoms!

Call your doctor if you experience any of the symptoms below:

- Blood in your stool
- Persistent abdominal pain or cramps
- Change in bowel habits
- Weight loss for unknown reasons
- Diarrhea/constipation
- Constant tiredness
- Nausea or vomiting

Get Screened

Everyone age **50 and older** should be screened for colorectal cancer.

If you have a **personal or family history** of colorectal cancer or polyps, talk to your doctor about getting screened before the age of 50.

There are screening options - **talk to your doctor about the one that's right for you.**

Program Eligibility

The Iowa Get Screened program provides screening services to people who meet the following eligibility criteria:



- ☐ Iowa resident
- ☐ Age 50 – 64
- ☐ Uninsured or underinsured
- ☐ 250% of Federal Poverty Level or below
- ☐ At an average or increased risk for colorectal cancer
- ☐ **Not** experiencing:
 - Ongoing rectal bleeding
 - Prolonged changes in bowel habits
 - Persistent abdominal pain
 - Recurring symptoms of bowel obstruction or significant unintentional weight loss
- ☐ Have **not** been diagnosed with:
 - Crohn's disease
 - Ulcerative colitis
 - Inflammatory bowel disease



Preventable • Treatable • Beatable